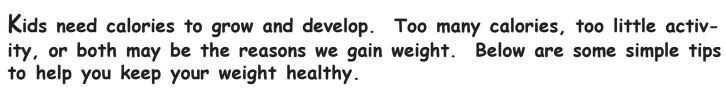
## Keep A Healthy Weight





Use the code below to find the missing words.

- 1. Remember: Most calories come from all the food and drink you  $\frac{1}{3}$   $\frac{1}{5}$   $\frac{1}{7}$   $\frac{1}{1}$   $\frac{1}{4}$   $\frac{1}{5}$
- 2. Eat  $\frac{1}{2}$   $\frac{2}{3}$   $\frac{3}{3}$  fats, oils, and sweets.
- 3. Eat  $\frac{1}{3}$   $\frac{1}{4}$   $\frac{4}{5}$   $\frac{1}{6}$  . This will help you feel full without overeating.
- 4. Don't \_\_\_\_ meals.
- 5. Include lean or low fat foods from  $\frac{}{7}$   $\frac{}{1}$   $\frac{}{1}$  the food groups: fruits; vegetables; breads and cereals; meat, poultry, and fish; milk and milk products.
- 6. Be more  $\frac{1}{7} \frac{1}{11} \frac{1}{12} \frac{9}{9} \frac{13}{13} \frac{2}{2}$